

# Økologisk Brun Basmatiris pose

Den økologiske brune Basmatiris har en frisk og mere intens smag end den klassiske Basmatiris. Den er perfekt til asiatiske og indiske retter, gratiner og som tilbehør.

[Produkt](#)

## Nutritional values

### Unprepared per 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1490 kj  |
| Calorific value kcal           | 356 kcal |
| Fat                            | 0.6 g    |
| Of which saturated fatty acids | 0.1 g    |
| Carbohydrates                  | 79.3 g   |
| Of which sugar                 | 0.3 g    |
| Fibers                         | 2.9 g    |
| Protein                        | 6.9 g    |
| Salt                           | 0.01 g   |

## Allergens

|                          |    |
|--------------------------|----|
| Gluten-containing cereal | No |
| Chicken egg              | No |
| Peanuts                  | No |
| Milk                     | No |
| Celery                   | No |
| Sesame seeds             | No |
| Lupines                  | No |
| Crustaceans              | No |

|                             |    |
|-----------------------------|----|
| Fish                        | No |
| Soy                         | No |
| Nuts                        | No |
| Mustard                     | No |
| Sulfur dioxide and sulphite | No |
| Molluscs                    | No |
| Cashews                     | No |
| Spelt                       | No |
| Barley                      | No |
| Oat                         | No |
| Hybrid Strains              | No |
| Kamut                       | No |
| Macadamia                   | No |
| Almonds                     | No |
| Brazil Nuts                 | No |
| Pecans                      | No |
| Pistachios                  | No |
| Rye                         | No |
| Hazelnuts                   | No |
| Sesame                      | No |
| Walnuts                     | No |
| Wheat                       | No |